



The Benefits Bulletin

Statewide Benefits Office

March 11, 2021

Healthy Pregnancy

Pregnancy is both an exciting and stressful time. Knowing that you are doing all that you can to stay healthy during pregnancy and give your baby a healthy start in life will help give you peace of mind. The [Maternity Support](#) page on SBO's website pulls together resources in one easy to find location to assist you and your family. You will find:



- Information on covered benefits for State of Delaware health plan (Aetna and Highmark Delaware) members, including access to free maternity support programs, wellness discounts, and Employee Assistance Program (EAP) resources through ComPsych® GuidanceResources®.
- A link to [DE Thrives](#), a website for Delaware residents, created by the Delaware Division of Public Health, the Delaware Healthy Mother and Infant Consortium, and partner organizations throughout the state. DE Thrives programs include:
 - ⇒ *Healthy Women, Healthy Babies* which facilitates extra services for women who are pregnant, planning to become pregnant, or who just want to live healthier lives. These include personal health and wellness, nutrition, family planning, mental health, and prenatal care. It is free to women who qualify.
 - ⇒ *Home Visiting* is a free program where a nurse or parent support specialist will visit your home, or anyplace that is good for you, to give you tips and connect you with services. Learn more by dialing 2-1-1 for Help Me Grow.
- And more!

Disability Insurance Program Resources

Did you know that the State of Delaware offers a Disability Insurance Program for participants in the State Employees' Pension Plan? Enrollment is automatic for eligible employees hired on or after January 1, 2006. This program provides you with a portion of your earnings if you cannot work due to a disabling illness, pregnancy, injury, or other medical condition covered by the plan. The Disability Insurance Program consists of three parts: Short Term Disability, Long Term Disability, and Return to Work. To learn more about this benefit, visit the [Disability Insurance Program](#) page of the SBO website. Here you will find short online courses describing each part of the program, plan highlights, plan booklets, and frequently asked questions.

Hidden Treasures Find the hidden code on the Disability Insurance Program page on our website and email the code to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Karen H., IRS!

Financial Wellness Month

Financial wellness is just as important as physical wellness. Would you like to improve your financial well-being? This may include paying off debt, saving for a major purchase, saving for retirement, or creating a budget. There are several resources offered through the State of Delaware to help you with your financial wellness so that you are proactive, aware, and involved.

- [ComPsych® GuidanceResources®](#) is the State of Delaware Employee Assistance Program (EAP). They provide financial experts and website resources to assist you with budgeting, debt, retirement planning, taxes, and other financial issues. They also offer other resources for legal issues, mental well-being, and life solutions.
- The [DHR Financial Wellness](#) page offers resources that are available to all Delawareans as well as financial resources available to State of Delaware employees.



Employee Spotlight

"My doctors have been encouraging me to lose weight for years. Over-the-counter weight loss products helped some, but I couldn't keep the weight off. I wanted a way to manage my weight with a healthy goal in mind. Now I use the [StepInSM](#) smart scale that connects to an app on my phone to observe weight trends. When I see my weight going down, I'm happier and more motivated to moderate how much I eat. While I only use the app to monitor my weight trends, I noticed the app offers lots of other features like challenges, nudges, a food log, access to coaching, and step tracking. I just learned I can also connect it to my iWatch! This program has really kept me on target."

~ Nina H., Laurel School District